



# SYDNEY PROGRAM GUIDE

Sunday 22nd March 2020

**06:00 am Mass For You At Home** CC G

## ALL NEW EPISODES

Religious.

**06:30 am Hillsong** CC G

## ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

**07:00 am Joseph Prince** CC G

## ALL NEW EPISODES

### Live Full Of Faith

Religious

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

### Blessed Indeed

Religious.

**08:00 am Farm To Fork (Rpt)** CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

**08:30 am Three Veg And Meat (Rpt)** CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

**09:00 am Taste Of Australia With Hayden Quinn (Rpt)** CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

**09:30 am Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!



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**12:00 pm The Living Room (Rpt)** CC PG

Cherie gives an ugly facade a frugal facelift. Meanwhile, Chris plays matchmaker to some giant Panda's & Miguel explores the life of artisan bakers. Plus, the gang check out gadgets in Hot Or Not.

**01:00 pm Dancing With The Stars Encore (Rpt)** CC PG

## SPECIAL ENCORE PRESENTATION

The judges go head-to-head in the ultimate battle. Each will lead their couple in three exclusive jaw-dropping routines. With their professional reputations on the line, the stakes couldn't be higher.

**03:00 pm All 4 Adventure (Rpt)** CC PG

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**04:00 pm Whichcar** CC PG

## ALL NEW EPISODES

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

**04:30 pm RPM** CC

## ALL NEW EPISODES

Scott Mackinnon and Kate Peck share the latest news, views and highlights from the world of motorsport. Guest panellists provide behind the scenes insight into Formula 1, MotoGP, Supercars and more.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

**06:00 pm Bondi Rescue (Rpt)** CC PG  
Violence,  
Coarse Language,  
Mature Themes

The lifeguards take the beach buggy into the streets as they chase down an aggressive beachgoer wielding a knife.

**06:30 pm The Sunday Project** CC

## ALL NEW EPISODES

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.



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**07:30 pm Dancing With The Stars** CC PG

## ALL NEW EPISODES

Remaining couples are matched with an eliminated professional dancer to perform as a trio. The judges are looking for a new level of skill as our Stars battle for a spot in the Top 4 semi-final.

**09:30 pm The Graham Norton Show (Rpt)** CC M  
Coarse Language,  
Crude Humour,  
Nudity

## Usain Bolt, Channing Tatum, Jennifer Saunders, Beattie Edmondson, Rob Brydon, Florence & The Machine

Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced show. Guests: Usain Bolt, Channing Tatum, Jennifer Saunders, Beattie Edmondson, Rob Brydon. Plus, Florence & The Machine.

**10:30 pm Hughesy, We Have A Problem Encore (Rpt)** CC M  
Sexual References

## SPECIAL ENCORE PRESENTATION

Hughesy, Stephen K Amos, Becky Lucas, Claire Hooper, Dave O'Neil tackle the first world problems we just can't seem to solve.

**11:30 pm The Sunday Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.

**12:30 am Home Shopping (Rpt)**

Home Shopping

**01:00 am Home Shopping (Rpt)**

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**02:00 am Home Shopping (Rpt)**

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**Sunday 22nd March 2020**

**03:30 am Home Shopping (Rpt)**

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**04:00 am Home Shopping (Rpt)**

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**04:30 am CBS This Morning**

CC

## **ALL NEW EPISODES**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Monday 23rd March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Bill rails against Thomas to Wyatt. Meanwhile, Zoe urges Thomas to move forward with their vows after Douglas has a meltdown during the ceremony.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil**

CC M  
Strong Adult Themes

## ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

**01:00 pm Australian Survivor: All Stars Encore (Rpt)**

CC PG  
Mild Coarse Language

## SPECIAL ENCORE PRESENTATION

After missing out on the immunity challenge win, a hunt for an idol ensues and as always with Tribal Council, not all is as it seems and Jonathan has one last trick up his sleeve.



# SYDNEY PROGRAM GUIDE

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<b>02:30 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Good Chef Bad Chef</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
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## SEASON PREMIERE

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Bill shares his disapproval of Brooke's and Ridge's relationship with Wyatt. Meanwhile, Having followed Douglas upstairs, Hope stuns the wedding party upon her return to the ceremony.

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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**06:30 pm The Project**

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## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**07:30 pm Australian Survivor: All Stars**

CC PG  
Mild Coarse  
Language

## ALL NEW EPISODES

With one tribe member on the bottom of the group, they know the only way to secure their place in the game is to win individual immunity.

**08:30 pm Hughesy, We Have A Problem**

CC M

## ALL NEW EPISODES

Hughesy, Luke McGregor, Fiona O'Loughlin, Sam Taunton, Felicity Ward tackle the first world problems we just can't seem to solve.

**09:30 pm To Be Advised**

**11:20 pm The Project Encore (Rpt)**

CC

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Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**12:30 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Stephen Colbert welcomes guest Will Ferrell.

**01:30 am Home Shopping (Rpt)**

[Home Shopping](#)

**02:00 am Home Shopping (Rpt)**

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# SYDNEY PROGRAM GUIDE

## Monday 23rd March 2020

**03:30 am Home Shopping** (Rpt)

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**04:00 am Home Shopping** (Rpt)

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**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.





# SYDNEY PROGRAM GUIDE

Tuesday 24th March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

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**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Bill shares his disapproval of Brooke's and Ridge's relationship with Wyatt. Meanwhile, Having followed Douglas upstairs, Hope stuns the wedding party upon her return to the ceremony.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil**

CC PG  
Sexual References,  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

**01:00 pm Australian Survivor: All Stars Encore (Rpt)**

CC PG  
Mild Coarse  
Language

## SPECIAL ENCORE PRESENTATION

With one tribe member on the bottom of the group, they know the only way to secure their place in the game is to win individual immunity.



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Tuesday 24th March 2020

<b>02:10 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
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## ALL NEW EPISODES

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## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Steffy comes clean to Ridge and Brooke about her part in Thomas's manipulation of Hope and Liam. Meanwhile, Douglas sets a sweet surprise in motion and for Liam, Hope and baby Beth.

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

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Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**07:30 pm Australian Survivor: All Stars**

CC PG  
Mild Coarse  
Language

## ALL NEW EPISODES

With the next immunity challenge deciding who will make the final three, it's more important than ever to be on your game, but for one castaway, island life is taking a toll on their body.

**08:30 pm NCIS**

CC M  
Violence

## ALL NEW EPISODES

### In A Nutshell

A Navy officer is murdered the same way his parents were murdered a decade ago and the team stumbles across a storage container filled with dollhouses that display re-creations of murder scenes.

**09:30 pm NCIS: Los Angeles**

CC M  
Strong Violence

## ALL NEW EPISODES

### Mother

Akhos Laos, a former black ops agent originally recruited and trained by Hetty Lange, returns to seek revenge on Hetty for the life she introduced him to.

**10:30 pm NCIS: Los Angeles (Rpt)**

CC M

### Under Pressure

When napalm is discovered at a crime scene, the team investigates the only casualty for possible links to terrorism.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

**11:30 pm The Project Encore (Rpt)**

CC

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Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

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**04:30 am CBS This Morning** CC

## ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Wednesday 25th March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

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**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

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**08:30 am Studio 10**

CC PG

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**12:00 pm Dr Phil**

CC PG  
Mature Themes

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**01:00 pm Australian Survivor: All Stars Encore (Rpt)**

CC PG  
Mild Coarse Language

## SPECIAL ENCORE PRESENTATION

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Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Brooke welcomes Ridge back home with a night of romance and passion. Meanwhile, Liam and Hope lovingly reunite their family with the help of a very crafty Douglas.

## LIVE

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**06:30 pm The Project**

CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**07:30 pm Bondi Rescue**

CC PG  
Coarse Language,  
Mature Themes

## SEASON PREMIERE

### Bondi Rescue 15/001 & 15/002

Australia's East Coast has been devastated by drought and fires. While the fires continue to blaze, the smoke impacts the lifeguards visibility, quality of air and their ability to protect beachgoers.

**08:30 pm Bull**

CC M  
Medical Procedures

## ALL NEW EPISODES

### Quid Pro Quo

Bull is hired by a doctor, Samir Shadid, who's accused by the Manhattan U.S. attorney of bribing his way into college, just as Bull's ex-wife, Isabella, is due to give birth.

**09:30 pm Bull (Rpt)**

CC PG

### Home For The Holidays

As Christmas approaches, Bull is amused when he meets a 9-year-old girl who wants to hire him to help her divorce her parents, but he's shocked when a judge appoints him her temporary guardian.

**10:30 pm The Project Encore (Rpt)**

CC

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**11:30 pm The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

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**04:30 am** **CBS This Morning** CC

### ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.





# SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

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**07:30 am Judge Judy (Rpt)**

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**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Brooke welcomes Ridge back home with a night of romance and passion. Meanwhile, Liam and Hope lovingly reunite their family with the help of a very crafty Douglas.

**08:30 am Studio 10**

CC PG

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**12:00 pm Dr Phil**

CC PG  
Violence,  
Coarse Language,  
Drug References

## ALL NEW EPISODES

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**01:00 pm Ambulance Australia (Rpt)**

CC M  
Coarse Language,  
Mature Themes

## SPECIAL ENCORE PRESENTATION

The importance of first aid is shown while paramedics battle the logistics of extricating a man at a train station. Things turn bizarre as paramedics help a man struck in the groin by a javelin.



# SYDNEY PROGRAM GUIDE

Thursday 26th March 2020

<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
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## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Shauna piques Quinn's interest by mentioning a secret that could affect Ridge. Meanwhile, Sally dodges Wyatt's pointed questions while ignoring texts from Dr. Escobar.

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**07:30 pm Ambulance Australia**

CC M

## SEASON FINALE

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.

**08:30 pm Gogglebox**

CC

## ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

**09:30 pm To Be Advised**

**10:30 pm Blue Bloods**

CC M  
Mature Themes

## ALL NEW EPISODES

### Grave Errors

Danny goes undercover when a woman claims to have heard someone plotting a murder, while Eddie confronts her boss who has a personal vendetta against the commissioner and the Reagan family name.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Dylan Walsh

**11:30 pm The Project Encore (Rpt)**

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**04:30 am CBS This Morning** CC

## ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Friday 27th March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Shauna piques Quinn's interest by mentioning a secret that could affect Ridge. Meanwhile, Sally dodges Wyatt's pointed questions while ignoring texts from Dr. Escobar.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil**

CC PG  
Coarse Language,  
Mature Themes

## ALL NEW EPISODES

Join Dr. Phil McGraw as he takes aim at the critical issues of our time, including bullying, drug abuse, domestic violence, depression, child abuse, suicide and other various forms of mental illness.

**01:00 pm Ambulance Australia Encore (Rpt)**

CC M

## SPECIAL ENCORE PRESENTATION

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.



# SYDNEY PROGRAM GUIDE

Friday 27th March 2020

<b>02:00 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>Everyday Gourmet With Justine Schofield (Rpt)</b>	CC G
<b>04:00 pm</b>	<b>Good Chef Bad Chef</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC
<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	CC

## ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Quinn becomes ecstatic when she finds salacious evidence that will destroy Brooke!. Meanwhile, Sally is unnerved when Dr. Escobar makes an unexpected house call about her diagnosis.

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



# SYDNEY PROGRAM GUIDE

Friday 27th March 2020

**06:30 pm The Project**

CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**07:30 pm The Graham Norton Show (Rpt)**

CC M

Join the hilarious and cheeky Graham Norton as he hosts Madonna, Sir Ian McKellen, Danny Boyle, Lily James, Himesh Patel & Sheryl Crow.

**08:30 pm The Graham Norton Show (Rpt)**

CC M

Join the hilarious and cheeky Graham Norton as he hosts Charlize Theron, Seth Rogen, Matthew Broderick and Zac Efron.

**09:30 pm Just For Laughs**

CC M

Sexual References,  
Coarse Language,  
Drug References

## Just For Laughs

Just For Laughs featuring stand-up comedy from the most famous comedians from Australia and beyond. Starring: Tommy Little, Troy Kinne, Harley Breen, Rhys Nicholson, Lizzy Hoo, Cal Wilson and Ismo.

**10:30 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**11:30 pm The Late Show With Stephen Colbert**

CC PG

## ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

**12:30 am Home Shopping (Rpt)**

Home Shopping

**01:00 am Home Shopping (Rpt)**

Home Shopping

**01:30 am Home Shopping (Rpt)**

Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 27th March 2020

<b>02:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>02:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>04:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>05:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>





# SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

**06:00 am I Fish (Rpt)** CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

## ALL NEW EPISODES

**06:30 am Leading The Way With Dr. Michael Youssef** CC G

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

## SPECIAL ENCORE PRESENTATION

**07:00 am Escape Fishing With ET (Rpt)** CC G

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

**07:30 am What's Up Down Under (Rpt)** CC G

### Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

**08:00 am The Offroad Adventure Show (Rpt)** CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

**09:00 am Everyday Gourmet With Justine Schofield (Rpt)** CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**09:30 am Studio 10 Saturday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

**12:00 pm Pooches At Play (Rpt)** CC G

### Torquay To Bells Beach

The team check out pet friendly things to do with your dog when visiting Torquay and Jan Juc along the Great Ocean Road. Tips include after-beach grooming and other useful health & training advice.

**12:30 pm Jamie & Jimmy's Food Fight Club (Rpt)** CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.



# SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

**01:30 pm Buy To Build** CC G

## SEASON FINALE

Buy to Build offers a look at the country's latest display homes and land developments and matches the perfect combination for our weekly couple.

**02:00 pm Good Chef Bad Chef (Rpt)** CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**02:30 pm The Living Room (Rpt)** CC PG

It's a battle of chicken and the egg in this episode. Chris has all the info to raise a healthy, happy chook, Miguel recreates a Spanish version of Hot Cross Bun & Barry helps revamp a family room.

**03:30 pm Three Veg And Meat (Rpt)** CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

**04:00 pm Taste Of Australia With Hayden Quinn** CC G

## ALL NEW EPISODES

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

**04:30 pm Farm To Fork (Rpt)** CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

**06:00 pm Bondi Rescue (Rpt)** CC PG  
Coarse Language,  
Mature Themes

Jessie rescues an American tourist from relatively calm waters, which results in a CPR effort from not just the Lifeguards but also paramedics and the Jewish Medical Response team.



# SYDNEY PROGRAM GUIDE

Saturday 28th March 2020

06:30 pm To Be Advised

07:30 pm Ambulance Australia Encore (Rpt) CC M

## SPECIAL ENCORE PRESENTATION

A fast-acting neighbour responds to panicked calls for help as, Emergency Medical Dispatcher Sarah's, clear and calm advice attempts to avoid a potentially lethal incident from escalating.

08:30 pm Ambulance (Rpt) CC M  
Coarse Language,  
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

09:30 pm 999: What's Your Emergency? (Rpt) CC MA15+  
Coarse Language,  
Strong Adult Themes

## Life Is Not Meant To Be Shit Forever

With mental health support services across the UK being cut, this episode meets police call handlers and paramedics who find themselves trying to help people who have severe mental health needs.

10:30 pm Blue Bloods Encore (Rpt) CC M  
Mature Themes

## Grave Errors

Danny goes undercover when a woman claims to have heard someone plotting a murder, while Eddie confronts her boss who has a personal vendetta against the commissioner and the Reagan family name.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Dylan Walsh

11:30 pm Bull Encore (Rpt) CC M  
Medical Procedures

## SPECIAL ENCORE PRESENTATION

### Quid Pro Quo

Bull is hired by a doctor, Samir Shadid, who's accused by the Manhattan U.S. attorney of bribing his way into college, just as Bull's ex-wife, Isabella, is due to give birth.

12:30 am Bull (Rpt) CC PG

## Home For The Holidays

As Christmas approaches, Bull is amused when he meets a 9-year-old girl who wants to hire him to help her divorce her parents, but he's shocked when a judge appoints him her temporary guardian.



# SYDNEY PROGRAM GUIDE

## Saturday 28th March 2020

**01:30 am Home Shopping (Rpt)**

**Home Shopping**

**02:00 am Home Shopping (Rpt)**

**Home Shopping**

**02:30 am Home Shopping (Rpt)**

**Home Shopping**

**03:00 am Home Shopping (Rpt)**

**Home Shopping**

**03:30 am Home Shopping (Rpt)**

**Home Shopping**

**04:00 am Home Shopping (Rpt)**

**Home Shopping**

**04:30 am The Aussie Pastor**

PG

### **ALL NEW EPISODES**

#### **Ap20195 - How To Get To Heaven**

We all want to go to heaven, and it seems that a million different religions offer a million different ways. So how do we get to heaven? The Bible has the answer

**05:00 am Hour Of Power**

G

### **ALL NEW EPISODES**

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.



# SYDNEY PROGRAM GUIDE

Sunday 29th March 2020

**06:00 am Mass For You At Home** CC G

## ALL NEW EPISODES

Religious.

**06:30 am Hillsong** CC G

## ALL NEW EPISODES

Discover your God-given potential with Pastor Brian Houston as he shares empowering and inspiring messages from the Word of God.

**07:00 am Joseph Prince** CC G

## ALL NEW EPISODES

### Prosper Through Prophetic Preaching

Religious

**07:30 am Joel Osteen** CC G

## ALL NEW EPISODES

### Stir IT Up

Religious.

**08:00 am Good Chef Bad Chef (Rpt)** CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**08:30 am Three Veg And Meat (Rpt)** CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

**09:00 am Taste Of Australia With Hayden Quinn (Rpt)** CC G

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

**09:30 am Studio 10 Sunday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!



# SYDNEY PROGRAM GUIDE

## Sunday 29th March 2020

**12:00 pm The Living Room (Rpt)** CC PG

Kyal & Kara challenge Barry to renovate a dated living room, Chris visits a sinkhole that's out of this world and Miguel checks out a quacking good breakfast trend.

**01:00 pm Dancing With The Stars Encore (Rpt)** CC PG

### SPECIAL ENCORE PRESENTATION

Remaining couples are matched with an eliminated professional dancer to perform as a trio. The judges are looking for a new level of skill as our Stars battle for a spot in the Top 4 semi-final.

**03:00 pm All 4 Adventure (Rpt)** CC PG

All 4 Adventure returns for its 11th action-packed season as the boys explore the Coastlines of the Cape.

**04:00 pm Whichcar** CC PG

### ALL NEW EPISODES

Whether you're a car enthusiast, influencer or intender, you will find everything you need on Which Car TV.

**04:30 pm RPM** CC

### ALL NEW EPISODES

Scott Mackinnon and Kate Peck share the latest news, views and highlights from the world of motorsport. Guest panellists provide behind the scenes insight into Formula 1, MotoGP, Supercars and more.

**05:00 pm 10 News First** CC

### LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

**06:00 pm Bondi Rescue (Rpt)** CC PG  
Coarse Language,  
Mature Themes

When monster waves lash Bondi, new team members Boo and trainee Lachie must tackle the dangerous conditions to complete a mass rescue.

**06:30 pm The Sunday Project** CC

### ALL NEW EPISODES

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.



# SYDNEY PROGRAM GUIDE

Sunday 29th March 2020

**07:30 pm Dancing With The Stars** CC PG

## ALL NEW EPISODES

We're going to shake it up like a good cocktail as we blend two genres of dance into the one routine. Does that sound dreadfully complex? It is!

**09:30 pm The Graham Norton Show (Rpt)** CC M

**Sandra Bullock, Cate Blanchett, Helena Bonham Carter, Years & Years**

Graham Norton showcases his wickedly cheeky sense of humour in this fast-paced interview show. Guests this week: Sandra Bullock, Cate Blanchett, Rihanna, Helena Bonham Carter & Sarah Paulson.

**10:30 pm The Sunday Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Join The Sunday Project Hosts and our guest panellists as they dissect, digest and reconstitute the daily news, events and hottest topics...The Sunday Project...It's news delivered differently.

**11:30 pm Hughesy We Have A Problem Encore (Rpt)** CC M

## SPECIAL ENCORE PRESENTATION

Hughesy, Luke McGregor, Fiona O'Loughlin, Sam Taunton, Felicity Ward tackle the first world problems we just can't seem to solve.

**12:30 am Home Shopping (Rpt)**

**Home Shopping**

**01:00 am Home Shopping (Rpt)**

**Home Shopping**

**01:30 am Home Shopping (Rpt)**

**Home Shopping**

**02:00 am Home Shopping (Rpt)**

**Home Shopping**

**02:30 am Home Shopping (Rpt)**

**Home Shopping**

**03:00 am Home Shopping (Rpt)**

**Home Shopping**

**03:30 am Home Shopping (Rpt)**

**Home Shopping**



# SYDNEY PROGRAM GUIDE

Sunday 29th March 2020

04:00 am Home Shopping (Rpt)

Home Shopping

04:30 am CBS This Morning

CC

## ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.





# SYDNEY PROGRAM GUIDE

Monday 30th March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Quinn becomes ecstatic when she finds salacious evidence that will destroy Brooke!. Meanwhile, Sally is unnerved when Dr. Escobar makes an unexpected house call about her diagnosis.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

**01:00 pm Australian Survivor: All Stars Encore (Rpt)**

CC PG  
Mild Coarse  
Language

## SPECIAL ENCORE PRESENTATION

With the next immunity challenge deciding who will make the final three, it's more important than ever to be on your game, but for one castaway, island life is taking a toll on their body.



# SYDNEY PROGRAM GUIDE

Monday 30th March 2020

<b>02:10 pm</b>	<b>Entertainment Tonight</b>	CC
<b>02:30 pm</b>	<b>Judge Judy (Rpt)</b>	CC PG
<b>03:00 pm</b>	<b>Judge Judy</b>	CC PG
<b>03:30 pm</b>	<b>My Market Kitchen</b>	CC G
<b>04:00 pm</b>	<b>Good Chef Bad Chef</b>	CC G
<b>04:30 pm</b>	<b>The Bold &amp; The Beautiful</b>	CC PG
<b>05:00 pm</b>	<b>10 News First</b>	CC

## ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

## SEASON PREMIERE

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

## ALL NEW EPISODES

Eric unknowingly presents Quinn with the perfect opportunity to put her plan in play. Meanwhile, Sally and Penny explode at one another and the devastating truth about Sally is revealed.

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



# SYDNEY PROGRAM GUIDE

Monday 30th March 2020

**06:00 pm 10 News First (Rpt)** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:30 pm The Project** CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**07:30 pm Australian Survivor: All Stars** CC PG  
Coarse Language

## SEASON FINALE

Three become two in an epic showdown of endurance and strength in the final challenge and then, arguments are pitched and the Jury votes are cast to determine who will be crowned the Sole Survivor.

**09:00 pm Australian Survivor: All Stars Reunion Show** CC

## SPECIAL EVENT

Join us for the live reveal of the Sole Survivor. With the castaways all back together, it's the tell all reunion show no one will want to miss.

**10:00 pm Hughesy, We Have A Problem (Rpt)** CC M  
Sexual References,  
Mature Themes

## ALL NEW EPISODES

Hughesy, Shaun Micallef, Tommy Little, Judith Lucy and Em Rusciano tackle the first world problems we just can't seem to solve.

**11:00 pm The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**12:00 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.



# SYDNEY PROGRAM GUIDE

## Monday 30th March 2020

<b>01:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>01:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>02:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>02:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping</b> (Rpt)	<b><u>Home Shopping</u></b>

**04:30 am** **CBS This Morning** CC

### ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Tuesday 31st March 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Eric unknowingly presents Quinn with the perfect opportunity to put her plan in play. Meanwhile, Sally and Penny explode at one another and the devastating truth about Sally is revealed.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm To Be Advised**

**01:30 pm To Be Advised**

**02:30 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.



# SYDNEY PROGRAM GUIDE

Tuesday 31st March 2020

**03:00 pm Judge Judy** CC PG

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**03:30 pm My Market Kitchen** CC G

## ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

**04:00 pm Good Chef Bad Chef** CC G

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**04:30 pm The Bold & The Beautiful** CC PG

## ALL NEW EPISODES

Against Katie's judgement, Flo pays a visit to Sally, determined to smooth out their differences. Meanwhile, Donna is stunned when she inadvertently becomes witness to Brooke betraying Katie.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:00 pm 10 News First (Rpt)** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:30 pm The Project** CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.



# SYDNEY PROGRAM GUIDE

Tuesday 31st March 2020

07:30 pm How Clean Is Your House?

NO  
CC

08:30 pm NCIS

CC

09:30 pm NCIS: Los Angeles

CC M  
Violence

10:30 pm NCIS: Los Angeles (Rpt)

CC M  
Violence,  
Mature Themes

11:30 pm The Project Encore (Rpt)

CC

12:30 am The Late Show With Stephen Colbert

CC PG

01:30 am Home Shopping (Rpt)

02:00 am Home Shopping (Rpt)

## SPECIAL EVENT

### ALL NEW EPISODES

#### Schooled

### ALL NEW EPISODES

#### Answers

While the team investigates the theft of a computer virus, Callen and Sam consider their future at the agency.

#### Cac Tu Nhan

While Hetty is being tortured by her captors in Vietnam, Eric and Nell find a clue to her whereabouts, prompting the team to organize a rescue mission with very little information.

Starring: Chris O'Donnell, LI Cool J , Daniela Ruah, Linda Hunt

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

### ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

#### Home Shopping

#### Home Shopping



# SYDNEY PROGRAM GUIDE

## Tuesday 31st March 2020

**02:30 am Home Shopping** (Rpt)

**Home Shopping**

**03:00 am Home Shopping** (Rpt)

**Home Shopping**

**03:30 am Home Shopping** (Rpt)

**Home Shopping**

**04:00 am Home Shopping** (Rpt)

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.





# SYDNEY PROGRAM GUIDE

Wednesday 01st April 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Against Katie's judgement, Flo pays a visit to Sally, determined to smooth out their differences. Meanwhile, Donna is stunned when she inadvertently becomes witness to Brooke betraying Katie.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

**01:00 pm Dr Phil (Rpt)**

CC PG  
Coarse Language,  
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.



# SYDNEY PROGRAM GUIDE

Wednesday 01st April 2020

**02:00 pm Entertainment Tonight**

CC

## ALL NEW EPISODES

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**02:30 pm Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**03:00 pm Judge Judy**

CC PG

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**03:30 pm My Market Kitchen**

CC G

## ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

**04:00 pm Good Chef Bad Chef**

CC G

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**04:30 pm The Bold & The Beautiful**

CC PG

## ALL NEW EPISODES

Brooke and Donna frantically attempt to remove the damning video before anyone else sees it. Meanwhile, Flo notices oddities in Sally's affection towards Wyatt.

**05:00 pm 10 News First**

CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.



# SYDNEY PROGRAM GUIDE

Wednesday 01st April 2020

<b>06:00 pm</b>	<b>10 News First (Rpt)</b>	CC	<b>LIVE</b>  Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.
<b>06:30 pm</b>	<b>The Project</b>	CC	<b>ALL NEW EPISODES</b>  Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.
<b>07:30 pm</b>	<b>Bondi Rescue</b>	CC PG Coarse Language, Drug Use, Mature Themes	<b>ALL NEW EPISODES</b> <b><u>Bondi Rescue 15/003 &amp; 15/004</u></b>  Christmas and New Year's means lifeguards are overwhelmed with crowds and the dangerous combination of partying and swimming. There's drunk bathers, teen overdoses and hundreds of reveller rescues.
<b>08:30 pm</b>	<b>Bull</b>	CC M Violence	<b>ALL NEW EPISODES</b> <b><u>Flesh And Blood</u></b>  Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.
<b>09:30 pm</b>	<b>Bull (Rpt)</b>	CC M Mature Themes	<b><u>Survival Instincts</u></b>  Dr. Jason Bull is the founder of consulting firm Trial Analysis Corporation, where he and his team employ psychology, human intuition and high-tech data to to help their clients win.
<b>10:30 pm</b>	<b>Elementary</b>	CC M	<b>SEASON PREMIERE</b> <b><u>The Further Adventures</u></b>  Holmes and Watson's new careers as consultants for Scotland Yard in London take them inside the tabloid journalism industry when a model is the victim of an acid attack.



# SYDNEY PROGRAM GUIDE

Wednesday 01st April 2020

**11:30 pm The Project Encore** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**12:30 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

**01:30 am Home Shopping** (Rpt)

**Home Shopping**

**02:00 am Home Shopping** (Rpt)

**Home Shopping**

**02:30 am Home Shopping** (Rpt)

**Home Shopping**

**03:00 am Home Shopping** (Rpt)

**Home Shopping**

**03:30 am Home Shopping** (Rpt)

**Home Shopping**

**04:00 am Home Shopping** (Rpt)

**Home Shopping**

**04:30 am CBS This Morning** CC

## ALL NEW EPISODES

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.



# SYDNEY PROGRAM GUIDE

Thursday 02nd April 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Brooke and Donna frantically attempt to remove the damning video before anyone else sees it. Meanwhile, Flo notices oddities in Sally's affection towards Wyatt.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil (Rpt)**

CC PG  
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

**01:00 pm Dancing With The Stars Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Remaining couples are matched with an eliminated professional dancer to perform as a trio. The judges are looking for a new level of skill as our Stars battle for a spot in the Top 4 semi-final.



# SYDNEY PROGRAM GUIDE

Thursday 02nd April 2020

**03:00 pm Judge Judy** CC PG

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**03:30 pm My Market Kitchen** CC G

## ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

**04:00 pm Good Chef Bad Chef** CC G

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**04:30 pm The Bold & The Beautiful** CC PG

## ALL NEW EPISODES

Quinn toys with Brooke about the video which spikes Brooke's anger towards Quinn. Meanwhile, As guests arrive to Brooke and Ridge's reunion party; Brooke is nowhere to be found.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:00 pm 10 News First (Rpt)** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:30 pm The Project** CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.



# SYDNEY PROGRAM GUIDE

Thursday 02nd April 2020

**07:30 pm Ambulance Australia (Rpt)**

CC M  
Coarse Language,  
Drug References,  
Mature Themes

Ambulance Australia follows people in the business of saving lives, going beyond the flashing lights to the heart & soul of heroes.

**08:30 pm Gogglebox**

CC

## ALL NEW EPISODES

Australia's favourite Goggleboxers are back to sort through the best and worst TV shows of the week with their brutally honest and well trusted critiques.

**09:30 pm To Be Advised**

**10:30 pm Blue Bloods**

CC M  
Violence

## ALL NEW EPISODES

### Bones To Pick

After a woman's body is found at a men's-only club, Danny and Baez investigate if her death was an accident. Frank asks Abigail and Sid to discover if the chief of Internal Affairs is having an affair.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez

**11:30 pm The Project Encore (Rpt)**

CC

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**12:30 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

**01:30 am Home Shopping (Rpt)**

Home Shopping

**02:00 am Home Shopping (Rpt)**

Home Shopping



# SYDNEY PROGRAM GUIDE

## Thursday 02nd April 2020

**02:30 am Home Shopping** (Rpt)

**Home Shopping**

**03:00 am Home Shopping** (Rpt)

**Home Shopping**

**03:30 am Home Shopping** (Rpt)

**Home Shopping**

**04:00 am Home Shopping** (Rpt)

**Home Shopping**

**04:30 am CBS This Morning**

CC

### **ALL NEW EPISODES**

CBS This Morning covers breaking news, politics, health, money, lifestyle and pop culture.





# SYDNEY PROGRAM GUIDE

Friday 03rd April 2020

**06:00 am The Talk**

CC PG  
Mature Themes

## ALL NEW EPISODES

Join hosts Sharon Osbourne, Sheryl Underwood, Carrie Ann Inaba, Marie Osmond and Eve on "The Talk" as they discuss current events, pop culture and trending topics of the day.

**07:00 am Entertainment Tonight**

CC

## SPECIAL ENCORE PRESENTATION

Kevin Frazier bring us the latest celebrity news events, exclusive interviews and behind-the-scenes first looks.

**07:30 am Judge Judy (Rpt)**

CC PG

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**08:00 am The Bold & The Beautiful (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

Quinn toys with Brooke about the video which spikes Brooke's anger towards Quinn. Meanwhile, As guests arrive to Brooke and Ridge's reunion party; Brooke is nowhere to be found.

**08:30 am Studio 10**

CC PG

## ALL NEW EPISODES

Start your day off right with Sarah Harris, Kerri-Anne Kennerley, Joe Hildebrand, Angela Bishop, Denise Drysdale and Narelda Jacobs - 8.30am weekdays on 10.

**12:00 pm Dr Phil (Rpt)**

CC PG  
Drug References,  
Mature Themes

Join Dr. Phil as he takes aim at the critical issues of our time, including bullying, drug addiction, domestic violence, depression, child abuse, suicide and various forms of mental illness.

**01:00 pm Dancing With The Stars Encore (Rpt)**

CC PG

## SPECIAL ENCORE PRESENTATION

We're going to shake it up like a good cocktail as we blend two genres of dance into the one routine. Does that sound dreadfully complex? It is!



# SYDNEY PROGRAM GUIDE

Friday 03rd April 2020

**03:00 pm Judge Judy** CC PG

## ALL NEW EPISODES

Welcome to the court room of Judge Judith Sheindlin. The cases are real, the people are real and the rulings are final.

**03:30 pm My Market Kitchen** CC G

## ALL NEW EPISODES

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

**04:00 pm Good Chef Bad Chef** CC G

## ALL NEW EPISODES

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**04:30 pm The Bold & The Beautiful** CC

## ALL NEW EPISODES

Bridget makes a surprise trip to Los Angeles to attend Ridge and Brooke's reunion party. meanwhile, Things quickly go south for Brooke and Bill as Quinn's plan plays out to party guests.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:00 pm 10 News First (Rpt)** CC

## LIVE

Comprehensive coverage of local, national and international news presented by Sandra Sully - including sport presented by Matt Burke and the latest weather from Tim Bailey.

**06:30 pm The Project** CC

## ALL NEW EPISODES

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.



# SYDNEY PROGRAM GUIDE

Friday 03rd April 2020

**07:30 pm Easter With The Australian Women's Weekly** CC

## SPECIAL EVENT

### Easter With The Australian Women's Weekly

Hosted by Sarah Harris, Easter with The Australian Women's Weekly has something for everyone. From kids craft and Easter styling ideas to celebrity interviews and of course delicious Easter treats.

**08:30 pm The Graham Norton Show (Rpt)** CC M  
Coarse Language

Join the hilarious and cheeky Graham Norton as he chats to Chris Hemsworth, Gloria Estefan, David Tennant, Michael Sheen and the Jonas Brothers.

**09:30 pm The Graham Norton Show (Rpt)** CC M  
Sexual References

Join the hilarious and cheeky Graham Norton as he hosts Chris Pratt, Elizabeth Banks, Jennifer Connelly, Chaka Khan and Paul Whitehouse.

**10:30 pm Akmal Presents The Comedy Festival Sampler (Rpt)** CC M  
Sexual References,  
Coarse Language

### Akmal Presents The Comedy Festival Sampler

Akmal presents a sample of some of the best acts to appear this year's comedy festivals around the country. Featuring Arj Barker, Kitty Flanagan, Lawrence Mooney, Jimeoin and of course, Akmal himself.

**11:30 pm The Project Encore (Rpt)** CC

## SPECIAL ENCORE PRESENTATION

Join the Project hosts and our guest panellists as they dissect and digest the daily news, events and hottest topics...The Project...It's news delivered differently.

**12:30 am The Late Show With Stephen Colbert** CC PG

## ALL NEW EPISODES

Tune in to see The Late Show With Stephen Colbert just hours after the US broadcast as he interviews the hottest stars, brilliant minds & talented artists.

**01:30 am Home Shopping (Rpt)**

Home Shopping

**02:00 am Home Shopping (Rpt)**

Home Shopping

**02:30 am Home Shopping (Rpt)**

Home Shopping



# SYDNEY PROGRAM GUIDE

## Friday 03rd April 2020

<b>03:00 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>03:30 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:00 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>04:30 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:00 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>
<b>05:30 am</b>	<b>Home Shopping (Rpt)</b>	<b><u>Home Shopping</u></b>



# SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

**06:00 am I Fish (Rpt)** CC G

Join one of Australia's finest fishermen, Paul Worsteling as he travels around Australia and the world in search of the ultimate angling experience.

**06:30 am Leading The Way With Dr. Michael Youssef** CC G

## ALL NEW EPISODES

Dr. Michael Youssef preaches spiritual advice and provides biblical clarity to modern social and political issues.

**07:00 am Escape Fishing With ET (Rpt)** CC G

## SPECIAL ENCORE PRESENTATION

Escape with Andrew Ettingshausen as he travels Australia and the Pacific, hunting out the most exciting species, the most interesting spots and the most fun mates to go fishing with.

**07:30 am What's Up Down Under (Rpt)** CC G

### Summer Series

Travel and Lifestyle, Celebrating the Australian pastime of caravanning, camping and holiday parks.

**08:00 am The Offroad Adventure Show (Rpt)** CC G

Four ultimate touring 4WDs, two all-new thrillseeking hosts, tackling our toughest adventures yet, discovering spectacular campsites and bucket list adventures along the way.

**09:00 am Luxury Escapes (Rpt)** CC PG

### Zurich / Tasmania

In this episode of Luxury Escapes, we discover the perfect blend by combining the rustic charm of Tasmania with the urban sophistication of Zurich, Switzerland's most stylish city.

**09:30 am Studio 10 Saturday** CC PG

See what all the fuss is about with Sarah, Joe, Angela, Kerri-Anne, Ding Dong and Narelda. Fiery debates, big exclusives and a whole lot of fun - with this gang you never know what will happen next!

**12:00 pm Everyday Gourmet With Justine Schofield (Rpt)** CC G

Develop your prowess in the kitchen with one of Australia's favourite home cooks, Justine Schofield, on Everyday Gourmet.

**12:30 pm Jamie & Jimmy's Food Fight Club (Rpt)** CC G

Jamie Oliver and Jimmy Doherty show you how to make blowout feasts designed to add some serious culinary wow factor to your weekends.



# SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

**01:30 pm Good Chef Bad Chef** (Rpt) CC G

Hosts Adrian Richardson and Rosie Mansfield present a daily cooking series showing both the healthy and indulgent ways to cook and eat.

**02:00 pm Farm To Fork** (Rpt) CC G

Andy Allen, Michael Weldon and Courtney Roulston take you on a food journey to find the freshest produce and create inspiring recipes in the kitchen.

**02:30 pm Three Veg And Meat** (Rpt) CC G

Olivia Andrews, best-selling author & Marley Spoon Food Director, creates easy meals using MORE Veg and LESS Meat. These tasty dishes are better for your health, your budget and the planet.

**03:00 pm Easter With The Australian Women's Weekly** (Rpt) CC

## SPECIAL ENCORE PRESENTATION

### Easter With The Australian Women's Weekly

Hosted by Sarah Harris, Easter with The Australian Women's Weekly has something for everyone. From kids craft and Easter styling ideas to celebrity interviews and of course delicious Easter treats.

**04:00 pm Taste Of Australia With Hayden Quinn** CC G

## ALL NEW EPISODES

Hayden explores hidden gems of Australia through the stories of those that inspire him. He visits stunning locations, interesting people and makes the food we all love to enjoy.

**04:30 pm My Market Kitchen** (Rpt) CC G

Celebrated Chef Ben O'Donoghue sets up in one of Australia's oldest and most iconic fresh food markets, cooking amazing dishes with all of the atmosphere and drama of a working market.

**05:00 pm 10 News First** CC

## LIVE

Comprehensive coverage of local, national and international news. Plus, all the latest sport and weather.

**06:00 pm Bondi Rescue** (Rpt) CC PG  
Coarse Language

With a record 234 rescues performed in Bondi on one day, Australia's prettiest playground can quickly become a nightmare for tourists not used to the precarious surf conditions.



# SYDNEY PROGRAM GUIDE

Saturday 04th April 2020

**06:30 pm To Be Advised**

**07:30 pm Ambulance Australia (Rpt)**

CC M  
Coarse Language,  
Medical Procedures

It's the start of a regular workday in Australia's most populated city for most, but no day as an Australian paramedic is ordinary, and this particular weekday shift soon turns to carnage.

**08:30 pm Ambulance (Rpt)**

CC M  
Coarse Language,  
Mature Themes

An insight into the ambulance service, from the highly-pressurised control room to the crews on the streets. This is an honest snapshot of the ambulance services daily dilemmas and pressures.

**09:30 pm 999: What's Your Emergency? (Rpt)**

CC M  
Mature Themes

**Life's Not Fair Is It? When You Get Old, IT Becomes Even Unfairer**

This episode explores how the emergency services cope with issues involving elderly people, from traffic accidents to the cruel effects of dementia.

**10:30 pm Blue Bloods Encore (Rpt)**

CC M  
Violence

**SPECIAL ENCORE PRESENTATION**

**Bones To Pick**

After a woman's body is found at a men's-only club, Danny and Baez investigate if her death was an accident. Frank asks Abigail and Sid to discover if the chief of Internal Affairs is having an affair.

Starring: Tom Selleck, Donnie Wahlberg, Bridget Moynahan, Will Estes, Vanessa Ray, Marisa Ramirez

**11:30 pm Bull Encore (Rpt)**

CC M  
Violence

**SPECIAL ENCORE PRESENTATION**

**Flesh And Blood**

Bull assists in the murder trial defense of an old friend, Vivian Cahill, an in-debt professional gambler accused of killing her wealthy father to gain her inheritance.

**12:30 am Bull (Rpt)**

CC M  
Mature Themes

**Survival Instincts**

Dr. Jason Bull is the founder of consulting firm Trial Analysis Corporation, where he and his team employ psychology, human intuition and high-tech data to help their clients win.

**01:30 am Home Shopping (Rpt)**

**Home Shopping**



# SYDNEY PROGRAM GUIDE

## Saturday 04th April 2020

**02:00 am Home Shopping (Rpt)**

**Home Shopping**

**02:30 am Home Shopping (Rpt)**

**Home Shopping**

**03:00 am Home Shopping (Rpt)**

**Home Shopping**

**03:30 am Home Shopping (Rpt)**

**Home Shopping**

**04:00 am Home Shopping (Rpt)**

**Home Shopping**

**04:30 am The Aussie Pastor**

PG

### **ALL NEW EPISODES**

#### **Ap20196 - Life After Death Pt 1**

Part One. The eternal question that what happens to you after you die is one everyone asks at one time or another in their lives.

**05:00 am Hour Of Power**

G

### **ALL NEW EPISODES**

Bobby Schuller's call to you, no matter how wounded, broken or 'unwanted' is to 'believe in the God that believes in you.' This message goes out to nearly 5 million people around the globe every week.